

# Positive Alternatives 2014 - 15 Quarterly Update July - Sept., 2015

**Grantee: PHILOMENA HOUSE**

**Goal: To provide temporary housing for 2 to 4 pregnant women in a life affirming program that empowers them to become financially independent and self sufficient**

**For the period:**

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Financial Assistance</b>	Provide assessment; provide Financial Freedom classes; assist residents in completing financial assistance applications	2 - 4	One left (Section 8 ) in August, 2015 who came August 2014 with her 7 month healthy boy. One arrived on July 17 and delivered a healthy girl on 9/8/15. She had already been connected by Face-to-Face. One arrived on July 2, is due on 10/24/15. She had already been connected to WIC in MNPS..	10
<b>Housing Assistance</b>	Provide a home for women; weekly life coaching group and individual meetings	2 - 4	Two have attended financial freedom sessions and completed them. Two are attending weekly meeting with the Life Coach and have examined personal issues around their homelessness. Two have signed up for Public Housing.	12

<b>Mentoring Program</b>	Pair residents with volunteer mentors; provide intake assessment; provide support in carrying baby to term, setting goals; assist with development in areas indicated in assessment	2 - 4	Two guests are paired with mentors and doula and relationship has been very helpful/productive. One has delivered a healthy girl and mother and baby are thriving. Two have attended a series of parenting classes. Two will attend classes to get a job. Follow-up Intake sessions have been done with two. One is awaiting delivery and is supported by mentor, life coach, doula and volunteer staff. Volunteer Photographer has taken professional pictures of one mom and baby;-)	11
<b>Nutrition</b>	Provide nutrition education; provide healthy snacks during meetings; provide instruction in meal planning, shopping and cooking	2 - 4	Both guests attended Nutrition class with our volunteer Professional Nutritionist. Housemother takes both guests shopping for food and points out high protein, low fat, sodium contents on label of packages vs. cost. Both guests are involved in meal plans and cook meals with consideration of proper nutrition. Guests enjoying fresh garden green beans and other vegetables.	30
<b>Parenting Education</b>	Provide parenting education and information on making parenting plans	2 - 4	Both guests have attended Parenting Class at Options for Women. One has had her baby and seems to be adjusting to her role very well.	4
<b>Pregnancy Education</b>	Provide pregnancy education	2 - 4	Our guests do not smoke, drink alcohol or take illegal drugs. This subject has been well covered by Face to Face, by our Director and by Mentors and Life Coach.	6
<b>Provide Necessary Services Assessments Only</b>	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	2 - 4	Both guests have visited the dentist and gone to all the Obstetric appointments. One has visited a Psychologist for advice. One has visited an Ophthalmologist and has received new eye glasses. One has had her baby and visited her Pediatrician.	12

<b>Transportation</b>	Provide bus passes for transportation assistance to educational opportunities and work.	2 - 4	Both guests are very active and take the bus to appointments, jobs and educational opportunities.	40
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<b>Maternal and Child Health Initiative Task Force Strategies</b>				No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>				2
<i>Number of women who received car seat safety education only from a PA funded program activity</i>				2
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>				2
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>				2
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>				2
<i>Number of women who received sleep safety education only from a PA funded program activity</i>				2

**Challenges:** 1. We would like DVDs for our computer if available that we could use with our guests highlighting these (car seat, child abuse prevention and safe sleep) issues.

2. On-going encouragement to eat a healthy diet seems to fall on 'deaf ears'. Poor habits are continuous: table salt used before tasting food and eating pizza for 2 or 3 meals in a row!

—Now we have experienced ten different guests and poor eating is our daily nemesis. Good food is available every day and appropriate ways to fix it are exemplified. Hopefully one day they will 'catch' the importance of this for the sake of their child/children. Apparently this should be taught in the schools at a very early age. Obesity is accepted in our society and good health and how to maintain it has been overlooked.

If anyone has any suggestions on TODAY'S EATING habits and how to CHANGE them please let us know. And if we can find any "cure" we will share it!

**Comments:** Although there is 'spotty' support from family members our guests are doing very well. They are willing to take advice and support from our volunteers. They willingly work 'the program' we have for them.

Both respond well to suggestions of jobs and going forward. Both seem excited about becoming independent. Their present behavior makes one expect they will do well

when they are prepared to leave Philomena House.